

# Unit 2 - Fitness

Content Area: **Unified Arts**  
Course(s): **Physical Education 6**  
Time Period: **September**  
Length: **All Year**  
Status: **Published**

## Unit Summary

Fitness is considered to be a lifelong activity. There are many ways for students to incorporate fitness into their daily lives now and in the future. Various age-appropriate fitness components, activities, and games are introduced during this unit for students to participate throughout the school year and years to come.

## Standards

HPE.2.1.6.A.1	Explain how health data can be used to assess and improve each dimension of personal wellness.
HPE.2.1.6.A.2	Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.
HPE.2.2.6.B.4	Apply personal health data and information to support achievement of one's short- and long-term health goals.
HPE.2.2.6.C.1	Explain how character and core ethical values can be useful in addressing challenging situations.
HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HPE.2.5.6.C.1	Compare the roles and responsibilities of players and observers and recommend strategies to enhance sportsmanship-like behavior.
HPE.2.6.6.A.1	Analyze the social, emotional, and health benefits of selected physical experiences.
HPE.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
HPE.2.6.6.A.3	Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.
HPE.2.6.6.A.4	Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.
HPE.2.6.6.A.5	Relate physical activity, healthy eating, and body composition to personal fitness and health.
HPE.2.6.6.A.6	Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.
CAEP.9.2.8.B.2	Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

TECH.8.1.8.A.CS1	Understand and use technology systems.
TECH.8.1.8.A.CS2	Select and use applications effectively and productively.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn pacing during warm up laps, mile run, and pacer test.
- Students will learn proper form for various exercises throughout the unit.
- Students will learn fitness activity variations to use outside of school.
- Students will learn personal fitness goals.
- Students will learn the correct and safe ways to exercise in order to prevent injury.

## Essential Questions

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- Why is fitness important?
- How does your fitness level affect your quality of life?
- Why is it important to set individual fitness goals?

## Enduring Understandings

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- Students will understand that fitness and physical activity are essential to help you stay healthy in the present and the future.
- Students will understand that exercising requires proper form.
- Students will understand that it is important to have fun when being physically active.
- Students will understand that fitness does not have to be boring and can be incorporated throughout life as games.

## Application

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- Students will be able to independently use their learning to create lifelong fitness goals and find activities they enjoy to keep them physical active throughout their lives.

## Skills

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Students will be skilled at:

- Utilizing the proper running form.
- Implementing proper techniques for exercises.
- Utilizing pacing.
- Creating individual fitness goals.
- Analyzing different fitness activities.

- Strengthening lower body muscle.
- Strengthening upper body muscle.
- Strengthening abdominal muscle.
- Utilizing cardiovascular fitness.
- Maintaining muscle flexibility.